



*A total of 83 volunteers met over two mornings in October 2015 to create the Community Health Improvement Plan for Mercer County.*

## ROLLING OUT OUR COMMUNITY HEALTH IMPROVEMENT PLAN

Save the date! The GMPHP is pleased to present the updated Community Health Improvement Plan to Mercer County residents on March 17, 2 pm, at the Robert Wood Johnson Fitness and Wellness Center, Mercerville, NJ.

Last September, 1,927 residents completed a health survey and the results revealed the priorities remained in the same four areas as the 2012 assessment. These are:

- 1) Mental Health and Substance Abuse
- 2) Healthy Living/Eating
- 3) Chronic Disease and
- 4) Transportation

In October 2015, 83 volunteers from area health agencies and non-profits met over two days to study the goals and develop action plans in each priority area. Highlights of the report reveal:

- 1) Among the behavioral health strategies, “mental health screening and counseling for youth” was considered high priority by the greatest number of survey respondents (72.7%).
- 2) Among the healthy eating and active living strategies, “school-based programs that promote physical activity and healthy eating” were considered high priority by the greatest number of survey respondents (68.9%).

3) Among the chronic disease strategies, “programs to prevent chronic diseases” were considered high priority by the greatest number of survey respondents (71.6%).

4) Among the transportation and built environment strategies, “access to affordable public transportation” was considered a high priority by the greatest number of survey respondents (52.7%).

The four priority groups plan to start meeting in March to address the proposed action plans. The complete Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP) can be found at [www.healthymercer.org](http://www.healthymercer.org).

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## PRIORITY GROUP NEWS

As the Community Health Improvement Plan evolves, we will be sharing the exciting progress of these interesting initiatives in this column.

Some of the upcoming programs include collaboration between GMPHP and the Princeton Chamber of Commerce to develop Employer Worksite Wellness Programs. A Rider Professor will be collaborating with three schools to find meaningful lifestyle changes that will increase activity and decrease childhood obesity. Mental Health professionals will be reaching out to clinics and health professionals to increase their knowledge of available services.

All four priority groups will be trying to gather baseline data about current activities, programs, and services in Mercer County. This information will be shared on the GMPHP website to help residents find the available resources in their community. For more information contact Carol Nicholas at [gmpHP.nj@gmail.com](mailto:gmpHP.nj@gmail.com).



The screenshot shows the website header with the logo 'Greater Mercer Public Health Partnership' and navigation links for 'Resources', 'Events', 'About', and 'Contact'. Below the header is a search bar with an orange 'Search' button. A dashed orange line with numbered steps (1, 2, 3) guides the user through the search process. Step 1 points to the search bar. Step 2 points to a search results box containing 'diabetes,' 'headaches', 'fever', and 'aches'. Step 3 points to an envelope icon with the text 'Contact us if you need help!'.

## WHAT IS HEALTHYMERCER.ORG ?

When the GMPHP was first founded in 2012, organizations in Mercer County had one strong message: there are so many programs and services available, but not everyone knows about them. The more the GMPHP and its Community Advisory Board met and discussed, the more apparent it became that the challenge wasn't providing for an underserved population, but helping residents grow in awareness of all the services that were already available.

The GMPHP created the website, HealthyMercer.org, to serve as a one-stop shop for residents looking for any type of program or service, especially those in the four greatest priority areas for our region. Community Advisory Board members can submit resources – such as ongoing programs, services, or upcoming events, and they are posted to the site free of charge.

Today, HealthyMercer.org features nearly 70 resources and 20 upcoming events in the Mercer County region. We're looking to double these numbers, as well as promote the site as a major hub for health and wellness information in our community.

To add your organization's information, visit HealthyMercer.org and click on the links to "Submit a Resource" and/or "Submit an Event." Consider linking to the site from your organization's website, as well.

For questions or more information, contact Theresa Leinker at [gmpHP.nj@gmail.com](mailto:gmpHP.nj@gmail.com).